Name/Title: This Land is Your Land Shaker Routine

Purpose of Event: To practice moving to the beat of the music.

Prerequisites: 8 count movement

Suggested Grade Level: 1-2

Materials Needed: * 2 shakers per child - which you can make from small juice bottles filled with rice. * Music: "This Land Is Your Land" - from Lee Greenwood's American Patriot CD.

Description of Idea

Introduction:
16 beats: shake in front

Chorus: (after: This land is your land)
4 beats - lean to left and shake up left
4 beats - lean to right and shake up right
4 beats - lean to left and shake down left
4 beats - lean to right and shake down right
8 beats - make a letter T with your body and shake at sides
3 beats - * Sway shakers over head on "This Land was Made for…"
1 beats - * Point to audience on YOU
1 beats - * Point to self on ME
3 beats - * Shake in front

Pattern #1: (after: As I was walking)
8 beats - walk forward shaking
8 beats - walk backward shaking
2 beats - shake above head
2 beats - shake by ankles
2 beats - shake above head
2 beats - shake by ankles
3 beats - * Sway shakers over head on "This Land was Made for…"
1 beats - * Point to audience on YOU
1 beats - * Point to self on ME
3 beats - * Shake in front

Pattern #2: (after: I've roamed and rambled)
8 beats - turn left shaking and marching (in a circle)
8 beats - turn right shaking and marching (in a circle)
2 beats - shake above head

2 beats - shake by ankles
2 beats - shake above head
2 beats - shake by ankles
3 beats - * Sway shakers over head on "This Land was Made for…"
1 beats - * Point to audience on YOU
1 beats - * Point to self on ME
3 beats - * Shake in front

Chorus: (after: This land is your land)
4 beats - lean to left and shake up left
4 beats - lean to right and shake up right
4 beats - lean to left and shake down left
4 beats - lean to right and shake down right
8 beats - make a letter T with your body and shake at sides
3 beats - * Sway shakers over head on "This Land was Made for…"
1 beats - * Point to audience on YOU
1 beats - * Point to self on ME
3 beats - * Shake in front

Interlude:
8 beats - Shake in a letter T

Pattern #1: (after: When the sun comes shining)
8 beats - walk forward shaking
8 beats - walk backward shaking
2 beats - shake above head
2 beats - shake by ankles
2 beats - shake above head
2 beats - shake by ankles
3 beats - * Sway shakers over head on "This Land was Made for…"
1 beats - * Point to audience on YOU
1 beats - * Point to self on ME
3 beats - * Shake in front

Chorus: (after: This land is your land)
4 beats - lean to left and shake up left
4 beats - lean to right and shake up right
4 beats - lean to left and shake down left
4 beats - lean to right and shake down right
8 beats - make a letter T with your body and shake at sides
3 beats - * Sway shakers over head on "This Land was Made for…"
1 beats - * Point to audience on YOU
1 beats - * Point to self on ME

3 beats - * Shake in front

Ending: (after: Well…)
4 beats - make a letter T with your body and shake at sides
2 beats - * Shake in front on THIS LAND
2 beats - * Point to audience on IS YOUR LAND
2 beats - * Shake in front on THIS LAND
2 beats - * Point to self on IS MY LAND
2 beats - * Shake in front on THIS LAND
2 beats - * Make a circle on IS OUR LAND
4 beats - * Shake high above head on final THIS LAND!

Submitted by **Kera Williams** who teaches at Fisher Elementary in Pasadena, TX. Thanks for contributing to PE Central! **Posted on PEC: 6/5/2002**.

Visit S&S Discount for all your physical education equipment and supplies!